

What Is Claimed Is:

1. A lens forming method in which an optical material is placed between an upper mold and a lower mold, and, in a state in which outer peripheries of said upper mold and said lower mold are constrained by a trunk mold, said optical material is compressed between said upper and lower molds, thus forming a lens;

wherein the outside diameter of said optical material is 95% to 100% of the outside diameter of said upper mold and said lower mold.

2. The lens forming method according to claim 1, wherein the outside diameter of said optical material is the same as the outside diameter of said upper mold and said lower mold.

3. The lens forming method according to claim 1, wherein said optical material is spherical.

4. The lens forming method according to claim 1, wherein said optical material is disk-shaped.